

Kid-Friendly Recipes

November 2009

Taste Test

Ingredients

- 1 bunch fresh Kale, chopped
- 1 bunch fresh Collards, chopped
- 1 bunch fresh Mustard Greens, chopped
- 1 bunch fresh Turnip Greens, chopped
- 1 bunch fresh Swiss Chard, chopped

Directions

1. Wash all greens and chop (removing hard stems).
2. Place one group of greens at a time in a large pan. Add 2 TBSP water and cover.
3. Cook on medium heat until the leaves are soft and wilted (3-5 minutes).
4. Continue to cook each group of greens.
5. Place a TBSP of each green on a plate and taste.

Makes 24 taste tests

*Developed by: Network for a Healthy California -
Merced County Office of Education*

Crispy Kale

Ingredients

- 10 cups fresh kale, chopped (with hard stems removed)
- 1 TBSP olive oil
- 1 ½ tsp Apple Cider vinegar
- ½—1 tsp salt

Directions

1. Place rack on the lowest shelf in the oven and preheat to 350 degrees F.
2. Spread kale out on a baking sheet and drizzle with olive oil and apple cider vinegar. Toss to make sure kale is well coated.
3. Bake for 10 minutes.
4. Stir to make sure the kale gets evenly crispy.
5. Bake for another 8-10 minutes or until kale is crispy.
6. Remove from oven and sprinkle with salt.
7. Taste immediately!

Makes 20 taste tests (¼ cup each)

Recipe Adapted from:

www.kidscooking.about.com/od/sidedishes/r/crispykale.htm

Simmered Greens

Ingredients

- ¼ cup olive oil
- 2 cloves garlic, minced
- 2 cups onions, chopped
- 2 cups green onion, chopped
- 2 cups low-sodium vegetable broth
- 2 cups tomato juice
- 2 pounds greens (mixture of kale, mustard, collard, swiss chard and turnip greens).
- Salt and pepper

Directions

1. In large pot, sauté garlic and onions in oil.
2. Add broth and tomato juice. Bring to a boil.
3. Add greens and season.
4. Cover and cook over low heat for 35 minutes or until tender.
5. Serve warm for tasting.

Makes 32 taste tests (¼ cup each)

Recipe Adapted From:

*Harvest of the Month Educator Newsletter
(Cooked Greens)*



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